



JOONG GUN

Close Ready Stance B-Start On C Facing D.

1. Move left foot to B right L-stance middle reverse side block with reverse knifehand.
2. Low front snap kick to B left foot keeping hands as they are.
3. Lower left foot to B move right foot to B left rear foot stance reverse palm upward block.
4. Move right foot to A left L-stance middle reverse side block with reverse knifehand.
5. Low front snap kick to A right foot keeping hands as they are.
6. Lower right foot to A move left foot to A right rear foot stance reverse palm upward block.
7. Move left foot to D right L-stance knifehand middle guarding block.
8. Upper elbow high strike to D slipping left foot into left walking stance.
9. Move right foot to D left L-stance knifehand middle guarding block.
10. Upper elbow high strike to D slipping right foot into right walking stance.
11. Move left foot to D left walking stance high twist-fist vertical punch.
12. Move right foot to D right walking stance twin-fist upset punch.
13. Move right foot on line CD turn counter clockwise left walking stance towards C X-fist rising block.
14. Move left foot to E right L-stance high reverse side strike with the left backfist.
15. Twist the left fist until backfist faces downwards slipping left foot into left walking stance.

Perform 14 & 15 in a continuous motion.

16. High punch with right fist.
 17. Left foot to right foot, right foot to F left L-stance high reverse side strike with right backfist.
 18. Twist the right fist until back fist faces downwards slipping right foot into right walking stance.
 19. High punch with left fist.
 20. Right foot to left foot, left foot to C left walking stance double forearm high block.
 21. Middle reverse punch pulling left foot into right L-stance.
 22. Middle side piercing kick to C right foot.
 23. Lower right foot to C right walking stance double forearm high block.
 24. Middle reverse punch pulling right foot into left L-stance.
 25. Middle side piercing kick to C left foot.
 26. Lower left foot to C right L-stance middle forearm guarding block.
 27. Reverse pressing block with palm while slipping left into low stance.
 28. Move right foot to C left L-stance middle forearm guarding block.
 29. Reverse pressing block with palm while slipping right foot into low stance.
 30. Move left foot to right foot, close stance towards A turning punch with right fist.
Perform in a slow motion.
 31. Move right foot to A left fixed stance U-shaped block.
- END - Move left foot back to Close Ready Stance B.